



Photo by Staff Sgt. Heather Shelton, 8th FWIPA

Tom Fuhrmann practices his backhand at the Sports and Fitness Center

Air Force racquetball champion  
prepares for interservice competition

By Staff Sgt. Heather Shelton  
8th Fighter Wing Public Affairs

An Air Force level champion of what’s being called the fastest sport around because of its 200-mph ball speed, Wolf Pack’s Tom Fuhrmann, 8th Operations Support Squadron, is heading off to the Interservice Champion Racquetball Competition.

Fuhrmann, who has been playing the sport since high school, returns to the competition in Fort Sam Houston, Texas, for a showdown from May 13-20. Winning third place in the competition last year helped him earn the right to play in the U.S. Nationals where he ranked fifth in the nation in the 25-30-year-old division.

This year, Fuhrmann is one of 900 participants who will again play in the U.S. Nationals, which is scheduled May 23-29 in Houston, Texas.

“I started playing racquetball with my Dad when I was in high school,” said Fuhrmann. “I picked up on the game and

have enjoyed it ever since.” According to Fuhrmann, not only is racquetball fun, but it also provides a good workout.

“Racquetball offers a great cardio workout and increases coordination,” said Fuhrmann. “It’s also very convenient, because it’s played indoors; you can play all year round.”

Proving to be a favorite family sport, this year, Fuhrmann’s father, retired Air Force Col. John Fuhrmann, and his brother, Capt. Mark Fuhrmann, who’s stationed at McChord Air Force Base, Wash., will all play in the Nationals also.

Fuhrmann, an eight-year instructor of the sport, plans to offer a free clinic here when he returns from his competitions in late June or early July. Fuhrmann’s clinic usually last two to three hours and covers the sport’s basic fundamentals.

People interested in the clinic should sign-up at the Sports and Fitness Center approximately two weeks before the clinic is advertised.



The Wolf Pack Sports & Fitness Center invites you to participate in Air Force May Fitness 2001, the 16th Annual May Fitness Month—Get Fit and have a Ball! During 2001, fitness centers worldwide will encourage Air Force personnel to make fitness a regular part of their daily lives. The more you participate, the more points you earn towards winning the grand prize—a trip for four to the Brickyard 400 in Indianapolis. Points will be awarded for participation in various activities such as: May Sports Day, May Fitness Events, & many others! Pick up your “May Fitness Month” stamp card to participate! Also, if you participate in an approved event at other facilities such as bowling or golf, make sure you get an “I DID IT” card (TSgt Mills, TSgt Mendoza, SSgt Gaston at 782-4026 or 4025)

MAY SPORTS DAY

ACTIVITIES	SHOWTIME	EVENT DATE	LOCATION
Mass Warm Up	1200	May 25	Tennis Court
Racquetball Tournament	1200	May 25	Fitness Center
9-Pin Bowling	1200	May 25	Bowling Center
Pool 8-Ball	1200	May 25	Community Center
Darts (501)	1200	May 25	Community Center
Tennis Tournament	1300	May 25	Tennis Court
Tug of War	1300	May 25	Football Field
Home Run Derby	1300	May 25	Softball Field
3 on 3 Basketball	1300	May 25	Fitness Center
Beach Volleyball	1400	May 25	CE Hooch
Open Horseshoe Doubles	1400	May 25	CE Hooch
Pass-Kick-Punt	1400	May 25	Football Field
Chiefs and Eagles	1430	May 25	Softball Field
Golf 9-Hole Tournament	1430	May 25	Golf Course
10K Bike Race	1500	May 25	Fitness Center
5K Run	1600	May 25	Fitness Center
Coed Swim Relay	1600	May 25	Swimming Pool
100 Meter Dash	1600	May 25	Base Track
400 Meter Relay	1630	May 25	Base Track
Egg Toss	1700	May 25	Football Field
Closing Ceremony	1830	May 25	Football Field

Earn points each time you participate.  
Armed Forces 5K Run/Walk - 5pts All Sports Tournaments - 2pts All other events - 3pts  
Points are also awarded for daily workouts, fitness and aerobic classes and microfit assessments. For more information call 782-4026.

Sign up  
through your  
unit sports  
representative

Check out  
various sporting  
events  
throughout  
the month  
in the  
Wolf Pause



Kunsan  
softball  
schedule

American League

Monday  
7 p.m.  
CES (A) vs. MSS  
8 p.m.  
COMM (A) vs. E-ARMY  
9 p.m.  
35 FS vs. SFS (K-9)  
Wednesday  
6 p.m.  
AMMO vs. MSS  
7 p.m.  
CPTF vs. E-ARMY  
8 p.m.  
CES (A) vs. COMM (A)

National League

Tuesday  
6 p.m.  
CES (B) vs. SFS  
7 p.m.  
COMM (B) vs. QA  
8 p.m.  
F-ARMY vs. OSS  
9 p.m.  
MDG vs. MXS (D)  
Thursday  
6 p.m.  
SVS vs. SFS  
7 p.m.  
AGE vs. SUPS (B)  
8 p.m.  
TRANS (B) vs. QA  
9 p.m.  
CES (B) vs. OSS